# Blanching food important

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vegetables to water should be such that the water doesn't stop boiling. A pan of prepared vegetables to a gallon of water is a good proportion. Blanching time must be long enough for the heat to penetrate the food.

As a rule, the larger the piece of vegetable, the longer the blanching time. The extremes go from 1-½ minutes for green peas to 10 minutes for large ears of corn. Start counting blanching time when the food is immersed in boiling water.

Enzyme action may be stopped by steaming foods rather than boiling them. The time required for heat penetration is greater for steaming than for blanching. Whether blanched, steamed or parcooked, it is important to cool the vegetable quickly to stop the cooking process. The vegetable should be plunged into cold ice water for about the same length of time you heat it, then drained, packed and frozen. For some foods, you may find it more satisfactory to set the containers of food in ice water for cooling. This is done when the food would collect water and become a watery finished product.

The necessity for blanching is clearly shown done by Isabelle Noble and J. D. Winter. Their report stated that "All of the unblanched vegetable samples that were checked showed marked deterioration in a four week period of time. The blanched food showed little change in quality from the beginning to the end of a long term storage period." Ladies, the short period of time for unblanched vegetables was four weeks. Imagine if they already showed deterioration in four weeks what it would be like if we kept these same vegetables in our freezer for four months.

Please blanch your vegetables. If you have questions about blanching time or blanching methods, please call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our address is P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Remember--blanch the vegetables that you put in your freezer. You will be eating much better quality during the cold winter months ahead.

Have a good week!

**RECIPE OF THE WEEK**

**Strawberry Pie**

1½ cups water
1 cup sugar
2 tablespoons cornstarch

Boil until clear. Add 1 small box strawberry gelatin and juice of ½ lemon or 1 teaspoon pure lemon juice. Chill mixture. Then fold in 1 quart strawberries. Pour in (2) baked pie shells. Keep in refrigerator until ready to use. Top with prepared whipped topping or whip cream. This recipe is a springtime favorite. The pies will keep several days under refrigeration. Because of requests, we are publishing this recipe again.

**GILBERT MAYS REAPS REWARDS . . . of the bees hard work and of his hard work too, because there is, indeed, a lot of hard work involved in the operation. Mays is shown above capping as he gets ready to extract honey. Laboratory analysis shows that honey is basically a supersaturated solution of glucose: 17 percent natural moisture and 79.5 percent various natural sugars. But, more importantly for users of honey the remaining 3.5 percent is protein, minerals, vitamins and acids as well as the various flavor, aroma and pigment substances. The amounts may seem small but nutritionists are quick to point out that honey is one of the few foods that contain all the substances considered necessary to sustain life.**
**(Photo by Michael K. Brandt)**

## Beekeeping is a real honey of a hobby

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cannot imitate the bees. The honey they produce has been an important symbol in almost every known generation.

There are more than a quarter million beekeepers in the United States, with approximately four and a half million colonies producing in excess of 200 million pounds of honey and four million pounds of beeswax each year. The value of the bees' pollination to the agricultural economy is many times greater than all of the products taken from the bees.

The industry of beekeeping has survived partly because so many people of all ages and abilities can participate in beekeeping as a rewarding hobby.


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## *All-Vegetable Indian Relish*

3 sweet green peppers, halved and seeded
3 sweet red peppers, halved and seeded
1 cucumber
7 cups chopped celery
3 cups chopped onion
⅔ cup salt
6 cups cider vinegar
6 cups brown sugar, firmly packed
1 tablespoon mustard seeds
½ teaspoon seasoned pepper (a blend of peppers) (optional)

**Method:**

1. Chop tomatoes, peppers and cucumber in a food chopper, using a fine blade. Combine with celery and onions in a very large bowl; sprinkle with salt. Allow to stand 12 hours or overnight.
2. The next day, drain vegetables and discard liquid. Combine vegetables with remaining ingredients in a heavy kettle.
3. Heat to boiling. Simmer slowly, stirring several times, until thick, about 30 minutes.
4. Spoon into hot sterilized jars and seal.

**NOTE:** The family will want to spoon All-Vegetable Indian Relish over hamburgers or tuck it into the roll with frankfurters.

Cooking Time: 45 minutes or until celery is tender.

16 green tomatoes, about 4 pounds
16 ripe tomatoes, about 4 pounds

**Cucumber pickle**

Soak 3 dozen cucumbers in brine for two weeks. Soak overnight in clean water. Cut in desired pieces and cover with water to which 1-½ tablespoons alum has been added; let stand 24 hours. To 3 quarts water, add 1 quart vinegar, let come to a boil, drop in cucumbers and keep on low heat until hot through. Let stand overnight. Drain well and pack closely in jars.

**Syrup:**

1 pint vinegar
3 lbs. sugar
1 box mixed pickling spices

Let come to a boil, pour over cucumbers. Seal at once.

**NOTE:** This syrup recipe can be doubled or tripled.

This recipe is a family favorite.

## The Housewife

Jesus, teach me how to be
Proud of my simplicity,
Sweep the floors, wash the clothes,
Gather for each vase a rose.
Iron and mend a tiny frock,
Taking notice of the clock.
Always having time kept free
For childish questions asked of me.
Grant me wisdom Mary had
When she taught her little Lad.

## Dot's Squash Pickle

8 cups sliced yellow squash (small ones)
2 cups sliced onions
1 tablespoon salt
½ cup diced green pepper
1 cup vinegar
1-¾ cups sugar
½ teaspoon celery seeds
½ teaspoon mustard seeds

Combine squash and onion, sprinkle with salt and let stand one hour. Combine green pepper, vinegar, sugar, celery and mustard seeds--bring to a boil. Add squash and onions and return to a boil. Pack in jars and cover with vinegar mixture and seal. (Yields 2 quarts)

Thanks to Mrs. Dot Wilkerson for sharing this delicious recipe with us.


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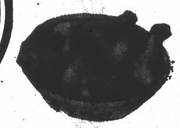
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